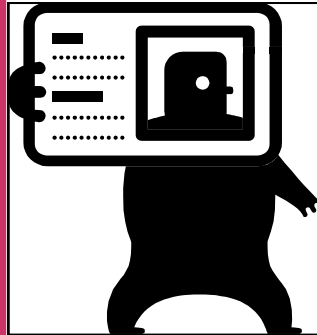


OSS Advisory Newsletter

PHOTO ID is NOT in Effect for this Election



The new photo ID requirement is NOT in effect for the 2012 election. The new photo ID requirement does not go into effect until 2013.

Voting On Election Day

You must have one of the following items to vote on Election Day:

- Voter Registration Card
- Driver's License
- DMV issued ID Card

If voting for the first time and you registered by mail and did not submit proof of ID with your application, your voter card and additional ID such as a driver's license, will be needed.

Polling places are open from 7:00 a.m. to 7:00 p.m. on Election Day. Please report difficulties accessing your right to vote to: 866-275-7273

Inside this issue:

The new photo ID requirement is NOT in effect for the	1
Voting On Election Day	1
Provider Service Center	1
Voter Assistance	2
2012 Faces of Aging Tour	2
Webtool & Remittance Advices	2
Find Your Legislators	3
Thinking About it	4
Thinking About it	5

PROVIDER SERVICE CENTER

PSC will accept calls from all providers requiring assistance with the following:

- Provider Enrollment
- Filing claims via the Web Tool
- Electronic Data Interchange (EDI) support
- Nursing Home, OSS and Hospice room and board questions.

Providers can contact the PSC via the toll-free number :
TOLL-FREE 1-888-289-0709 Option 3

07:30AM to 05:00PM Monday through Friday

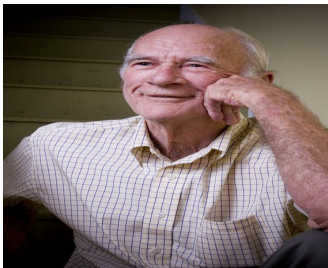
November 1, 2012

OSS Advisory Newsletter

Voter Assistance

Voter Assistance

- ♦ Anyone needing assistance to vote may be joined by a person of your choice except your employer or a representative of your employer's union.
- ♦ Curbside voting is available to any voter who cannot enter the polling place or is unable to stand in line to vote. Vote "curbside," outside the polling place in your car.
- ♦ A "Curbside Voting" sign should be visible at your polling place.
- ♦ Poll managers monitor the "Curbside Voting" area at least every 15 minutes to assist voters.



2012 "Face of Aging" Tour

Lieutenant Governor Glenn McConnell will begin a series of visits to Aging facilities throughout South Carolina to assess existing Aging services and gather suggestions on improvements from local seniors, caregivers, and residents. Each stop is scheduled to include a forum for public input as well as visits to area nursing homes, assisted living facilities, and senior centers.

- **November 7, 2012:** Region IV - Central Midlands (*Counties include Fairfield, Lexington, Newberry, & Richland*)
- **November 13-14, 2012:** Region VI - Santee Lynches (*Counties include Clarendon, Kershaw, Lee, & Sumter*)
- **November 27-28, 2012:** Region VIII - Waccamaw (*Counties include Georgetown, Horry, & Williamsburg*)

WEBTOOL AND REMITTANCE ADVICES

Please be sure to print copies of your remittance advice each month. The webtool only holds the last 26 weeks of information. Having this information pulled and printed by the Agency is costly and time consuming. Remember, there will be a charge associated with all requests for duplicate remittance advices.

November 1, 2012

OSS Advisory Newsletter

Find Your Legislators

Find Your Legislators



To identify who your South Carolina State Senators and Representatives are please visit the South Carolina State House website at www.scstatehouse.gov.

- Select Legislation and then select Find Your Legislator
- Enter your facility address, city name, and zip code into the spaces indicated on the website and;
- The results of the search should list the South Carolina States Senator and Representative for the county in which you live.

2012 Cost of Living Allowance (COLA) increase.

The SSI Federal Payment Standard will be raised by 3.6% - from \$674 to \$698 for 2012 - a \$24 increase from 2011.

In 2012, \$2 of this increase will go to the Personal Needs Allowance (PNA) - raising PNA to \$59 for pay cat 86 and \$79 for pay cat 85.

The new Net Income Limit (NIL) will be \$1181. The new amount a CRCF can charge in 2012 will increase from \$1100 to \$1122.

Alexis Martin is the new OSS Program Manager. Please remember to submit your TAD no later than **November 19, 2012**. If you know that you will be late.

THINKING ABOUT IT.....

Thinking about... Healthy Holiday Tips for Thanksgiving

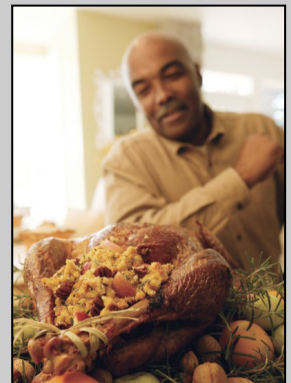
Post Office Box 8206
Columbia, SC 29201-8206

803-898-2590
803-255-8209 fax
EMAIL : OSS@SCDHHS.GOV

It's time to gather together with family and friends for some good times and, of course, some good eating. Thoughts of Thanksgiving often conjure up a spread of a huge turkey dinner with all the fixings and various desserts. Not only a feast for the eyes, Thanksgiving dinner also invokes aromatic anticipation for the taste buds! To avoid overindulging this holiday, try some healthy tips to help you enjoy your Thanksgiving sans the guilt this year. You may even decide to create

new traditions! This month's issue compiles healthy options and activities for your Thanksgiving.

1. *Take a Walk or Two* – While the turkey is in the oven for hours on end, take a brisk walk to get your juices flowing. If you start preparing your meal early in the day, why not also take advantage of some metabolism-boosting activity? The morning walk can help you feel more energized and mentally prepared for the day. Return home refreshed and ready to finish preparing your meal or packing to head over to your holiday destination. Enjoy the food and the fellowship, allowing your food to settle. Instead of sitting around or dozing off in front of the television, take a leisure walk. Walking at a moderate or even light pace after a meal can help you maintain a normal blood sugar range. It's also a great way to burn some of those calories. Invite your family or friends along to enjoy this activity together.
2. *Try a Healthy Alternative* – Whether you're doing all the cooking or you're invited to Thanksgiving dinner, prepare a healthy side dish or dessert as an offering. Try roasting sweet potatoes in a little maple syrup or honey instead of making a calorie-laden casserole. Make a creamy fruit salad substituting Greek yogurt for mayonnaise or sour cream to cut down on fat. You can find a variety of healthy holiday recipes to suit your families taste buds online, in seasonal cookbooks or magazines.
3. *Snack before Your Meal* – Yes, you read it correctly! Eating a light snack, like an apple, before sitting down to your Thanksgiving meal can help you to eat less food. Apples and other fruits are high in fiber and help you to feel full so you'll eat less. The holiday buffet can sometimes be overwhelming. With something in your belly before the meal, you can take account of what's there (from appetizers to desserts) and make better decisions about what foods *and* the amount you put on your plate. Just as you shouldn't go grocery shopping on an empty stomach, don't go to the Thanksgiving dinner table starving.



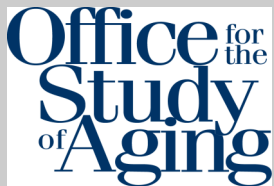
THINKING ABOUT IT.....

Thinking about... Healthy Holiday Tips for Thanksgiving



4. *Give Thanks* – The Thanksgiving holiday also reminds us about being thankful. It's a time to consider the things you appreciate in life. Maybe you are anticipating a pleasant and relaxed time with family and friends. Be sure to show your appreciation for them. For some of us, however, holidays may highlight the absence of big things happening. So it may be challenging to find things to be grateful for and people to be grateful towards. No matter the circumstance, having an attitude of gratitude has health benefits. Did you know that taking time to express gratitude can have a positive impact on your overall health? Many researchers believe the body is unable to feel stress at the same time it feels gratefulness. Gratitude has been shown to relieve stress, reduce depression, boost the immune system and increase optimism. This Thanksgiving, be sure to take time to identify those things (even the smallest) for which you're grateful. It may be one of the best things you do.

Here's to enjoying a healthy Thanksgiving! I hope you find this information helpful because I've really been ***Thinking About It***.



Your Happy Healthy Thinker

Thinking About It is brought to you by:
Office for the Study of Aging
Arnold School of Public Health
University of South Carolina